

Mental Health Support and Advice

- **Islington MIND** – Mental Health organisation offering a range of support services, have a look online for more details
<http://www.islingtonmind.org.uk/>
Telephone: 020 3301 9850
- **Stress Project** – provides a range of low cost therapies and wellbeing activities for people experiencing stress related illnesses or mental health problems.
<http://www.stressproject.org.uk>
Email: stressproject@hng.org.uk
Telephone: 020 7700 3938
- **Women's Therapy Centre** – offers group and individual psychotherapy to women.
<http://www.womenstherapycentre.co.uk/>
- **The Peel Institute** – runs activities for adults, activities for children and young people and mental health awareness projects.
<http://www.peelinstitute.org.uk>
Email: admin@peelinstitute.org.uk
Telephone: 020 7387 6082
- **Camden & Islington Early Intervention Service** – specialist service for people aged 18-35 who may be developing psychosis.
Email: early.interventionservices@candi.nhs.uk
Telephone: 020 3317 6250
- **Growing Together** – work with families with children 1-5 years around mental health issues. Offer psychological therapies. Referral only.
<http://www.whittington.nhs.uk>, then type 'growingtogether' into search box
Telephone: 020 3316 1824
- **iCope** – offers free psychological therapy for Islington and Camden residents around stress, worry and depression from local trained workers. You can self-refer.
<http://www.islington.nhs.uk/icope>
<http://www.icope.nhs.uk>
Email: iCope.referrals@islingtonpct.nhs.uk
Telephone: 0303 123 1000
Telephone: 020 3317 7252

- **Maya Centre** – free counselling and group therapy for women on low incomes.
<http://www.mayacentre.org.uk>
 Telephone: 020 7272 0995
- **Maytree Respite Centre** – support and a place to stay for people experiencing suicidal thoughts. You can self refer.
<http://www.maytree.org.uk>
 Telephone: 020 7263 7070
- **Mental Health First Aid courses (MHFA) AND Youth courses (YMHFA)** – Free courses run by Rethink Mental Illness. Learn about mental health problems and how to get help for someone you know, when needed.
<http://www.rethink.org.camdenislingtontraining/>
 Telephone: 020 7840 3086
- **Mental Health Awareness Training** – Training which will give you knowledge, skills and tools to increase your confidence in effectively responding to and supporting others experiencing mental ill health, as well as in looking after your own mental health and wellbeing.
 Email: training@rethink.org
- **Solace Women's Aid**– Support for women affected by domestic and sexual violence.
<http://www.solacewomensaid.org>
 Telephone: 0808 802 5565
 Email: advice@solacewomensaid.org
- **Wellbeing Service, Manor Gardens Centre** – raising mental health awareness, breaking down stigma and more, working directly with Islington communities.
<http://www.manorgardenscentre.org>
 Telephone: 020 7561 5291/ 020 7561 5299
 Text: 07879 836 415
 Email: wellbeing@manorgardenscentre.org
- **Refer to Gambling**–Please follow link [Refer to Gambling](#)